

**CHAPTER I**  
**INTRODUCTION**  
**THE PROBLEM**

Nursing school is an exciting, challenging adventure that will demand much of nursing students in terms of time and energy. Because nursing is a discipline comprising knowledge from many related fields, student nurse will be asked to learn to think critically, synthesize information, and then apply it to situations involving live people. (Dewit, 2003)

A student may face many challenges and stressors. However, nursing students are likely to experience even “more stress” than their friends and colleagues enrolled in other programs. To support this statement, a study comparing the stress levels of various professional students found that nursing students experience higher levels of stress than medical, social work and pharmacy students (Beck, et al.1997). Even more poignant, another study showed that “one third” of nursing students experience stress severe enough to induce mental health problems such as anxiety and depression. (Prymachuk, 2004).

One source of stress of nursing students is their Learning Experience. The related learning experience is a series of planned activities in the community that would prepare students technically and professionally should they decide to pursue higher education in the health profession. Specifically, in a selected College of nursing, BSN students spend a maximum of 24 hours a week for their duty wherein they engage in activities such as